



English Formative Test – 10th Form – Block 0 2013/2014

The final task you are expected to complete is
to write a text about sports in your life.

Activities A and B will provide you with input for Activity C.

KEY

ACTIVITY A

1. Match the words/expressions related to practising sports in A to their definitions in B – Three of the definitions do not apply. Write only the numbers.

A

a- goal-setting skills __6__

b- tightens bonds __3__

c- endurance __8__

d- mood-lifter __1__

e- get in shape __4__

B

1- makes one feel better, happier

2- creates addiction

3- makes friends come closer to one another

4- to become physically healthy

5- to keep in balance

6- the ability to define what it is one wants to achieve

7- lose too much weight

8- the ability of an organism to exert itself and remain active for a long period of time

2. Complete the following text with five words from the box. Use each word only once.

According to the President's Council on Physical Fitness and Sports, children need 60 minutes of a) **EXERCISE** each day. Children who join sports b) **TEAMS** exercise while improving their physical, c) **PSYCHOLOGICAL** and social well-being. The American Academy of Child and Adolescent Psychiatry reports that behaviour learned in d) **CHILDHOOD** influences future adult behaviour; youth involvement in sports instils e) **HEALTHY** habits and behaviours in children.

•teams
•unhealthy

•psychological
•childhood

•healthy
•adulthood

•exercise
•behaviours

3. Complete the sentences with the words from the box above that you haven't used.

a) Practising a sport in childhood will have a positive influence in our **ADULTHOOD**

b) If you practise a sport, you will avoid **UNHEALTHY** habits.

c) It is proved that children who participate in sports have less risky **BEHAVIOURS**

ACTIVITY B

Read the following text.

Michael Phelps

Michael Fred Phelps was born on June 30, 1985 in Baltimore, Maryland, the youngest of three children. His father, Fred, an all-around athlete, was a state trooper; mother Debbie was a middle-school principal. When Phelps's parents divorced in 1994, he and his two older sisters, Whitney and Hilary, went to live with their mother, with whom Michael grew very close. §1



Phelps began swimming when his sisters joined a local swimming team. After he saw swimmers Tom Malchow and Tom Dolan

compete at the 1996 Summer Games in Atlanta, Phelps began to dream of becoming a champion. He launched his swimming career at the Loyola High School pool. He met his coach, Bob Bowman, who immediately recognised Phelps's talents and fierce sense of competition. They began an intense training regime together and, by 1999, Phelps had made the U.S. National B Team. §2

At the age of 15, Phelps became the youngest American male swimmer at an Olympic Games in 68 years and, in the spring of 2001, he set the world record in the 200-metre butterfly, becoming the youngest male swimmer in history to ever set a world swimming record. He then broke his own record at the 2001 World Championships in Fukuoka, Japan, earning his first international medal. §3

Several world records and medals followed, until he became a superstar at the 2004 Olympic Games in Athens, Greece, winning eight medals (including six gold), tying with Soviet gymnast Aleksandr Dityatin (1980) for the most medals in a single Olympic Games. §4

In 2012, Phelps's Olympic medals increased to 22, setting a new record for most Olympic medals and beating gymnast Larisa Latynina's prior record of 18. §5

In addition to his successful swimming career, Phelps has written two books. His second book, "No Limits: The Will to Succeed", hit bookstores on December 9, 2008. Phelps also co-founded the non-profit organisation Swim with the Stars, which holds camps for swimmers of all ages. §6 <http://www.biography.com/people/michael-phelps-345192?page=2> (abridged)

1 Why can we say that Michael Phelps is an extraordinary athlete?

We can say that Michael Phelps is an extraordinary athlete because his career is filled with records and medals, which are demonstrative of his skills and of his determination to win.

2 In note form, complete this timeline.

| Date | Event |
|---------------|--|
| June 30, 1985 | Michael Phelps' birth date |
| 1994 | His parents' divorce |
| 1996 | Saw 2 American swimmers at Summer Games – dreamt of becoming a champion |
| 1999 | Entered the US national B team |
| 2000 | First participation in Olympics |
| 2001 | Set world record in 200-meters butterfly – won first international medal |
| 2004 | Won eight medals at Athens' Olympic games |
| 2008 | 2 nd book hits stores |
| 2012 | Set new record for Olympic medals - London |

3 Reread paragraphs 1, 3, 5 and 6. Find appropriate words/phrases to fill in this table.

| | SYNONYM | ANTONYM |
|-----------------------|-------------------|-----------------------|
| headmaster (BE) | 1) PRINCIPAL | |
| oldest | | 2) YOUNGEST |
| was the worst athlete | | 3) BECAME A SUPERSTAR |
| besides | 4) IN ADDITION TO | |

4 Complete the following sentences according to the text BUT by using your own words.

- Phelps started dreaming of becoming a champion when *he saw how the swimmers Tom Malchow and Tom Dolan went up against each other at the 1996 Summer Games in Atlanta.*
- Bob Bowman noticed *his talent and will to compete.*
- He set an Olympic record *for most medals in London.*

5 Fill in the blanks with words formed from the ones given in brackets.

- By doing a lot of sports, you will definitely keep **FIT** (fitness).
- Swimming is one of the most **COMPLETE** (completion) sports. You should do it if you have **HEALTH** (healthy) problems.
- I do think you should enter the **COMPETITION** (compete). You are a good **ATHLETE** (athletics).
- COMMITMENT** (commit) and **RESITANCE** (resistant) are two key- features if one really wants to **SUCCEED** (success).

6 Put the verbs in brackets in the *present simple, present continuous, past simple or past continuous*.

- Phelps **RETIRED** (retire) from competition but he **CONTINUES** (continue) to promote swimming as a means to be active and healthy.
- We **WERE HAVING** (have) a picnic when it **STARTED** (start) to rain.
- I **AM CHATTING** (chat) with my friend at the moment.
- He usually **HELPS** (help) me with dinner but today he **IS WORKING** (work) late.
- Yesterday I **WENT** (go) to the disco, I **MET** (meet) some young people and we **HAD** (have) a lot of fun.
- Last night, when we **WERE SLEEPING** (sleep), there **WAS** (be) an explosion.
- What **ARE** you **DOING** (do) now?
- I usually **GO** (go) to work by bus but today I **AM DRIVING** (drive) my car.
- London **ORGANISED** (organise) the 2012 Olympic Games.

III. Analyse the following fact file and write a biography (150 to 180 words)

BEYONCÉ : FACT FILE

| | |
|-----------------------|--|
| Birth name: | Beyoncé Giselle Knowles |
| Birth Date: | September 4, 1981 |
| Birth Place: | Houston, Texas, United States |
| Height: | 1.6 metres |
| Sex: | Female |
| Nationality: | American |
| Occupations: | Singer, songwriter, record producer, actress, dancer, entertainer, choreographer, model, video director |
| Education: | various performing arts schools : Alief Elsik High School, High School for the Performing and Visual Arts, University of Santo Tomas High School |
| Father: | Mathew Knowles |
| Mother: | Tina Knowles |
| Siblings: | Sister, Solange Knowles |
| Claim to fame: | 1990: lead singer of the R&B girl group Destiny's Child |
| Discography: | album Dangerously in Love (2003), B'Day in 2006, I Am... Sasha Fierce, released in November 2008, |
| Acting Career: | 2001-musical film Carmen: A Hip Hopera; 2006- Dreamgirls |
| Facts: | 2004- launched her family's fashion line, House of Deréon 2009- Knowles fourth in 100 Most Powerful and Influential celebrities in the world in FORBES list 2010- RIAA listed her: the top certified artist of the 2000s decade. |



Beyonce: one example of the many biographies you can write with the fact file above.

Beyoncé Giselle Knowles, or simply Beyoncé, born September 4, 1981 is an American artist from Houston, Texas. She enrolled in various performing arts schools and rose to fame in the late 1990s as the lead singer of the R&B girl group Destiny's Child.

With the world's best-selling girl groups of all time, Beyoncé released her debut solo album Dangerously in Love (2003), one of the most successful albums of that year. One year after the group's disbandment in 2005, she released B'Day which reached number one on the Billboard charts. Then, in 2008, her third solo album earned her six Grammy Awards, breaking the record for most Grammy awards won by a female artist in one night.

Beyoncé, definitely multit talented, began her acting career in 2001 appearing in movies such as "Carmen: A Hip Hopera" and Dreamgirls. Soon after, in 2004, she launched her family's fashion line, House of Deréon.

The big recognition of her fame and talent came in 2009, when Forbes listed Knowles fourth on its list of the 100 Most Powerful and Influential Celebrities in the world and finally in 2010, when RIAA graded her as the top certified artist of the 2000s decade.